

**Maine CDC/DHHS Public Health Update**  
**January 21, 2010**

**Earthquakes and Public Health:**

There are many public health concerns as a result from earthquakes, including those related to victims of the disaster and those related to people traveling to post earthquake zones such as Haiti to assist in recovery efforts. The US CDC's earthquake website has helpful information for those who may be involved with the Haiti relief efforts or who are interested in improving their preparations here at home.

<http://www.bt.cdc.gov/disasters/earthquakes/>

**Flu Activity in Maine and the US**

We continue to see H1N1 circulate in Maine, though at declining levels from a month ago. This last week there were two new hospitalizations, one of whom required intensive care. Since the beginning of January, 10 Mainers have been hospitalized for H1N1, including four children. Of those hospitalized, three required admission to an intensive care unit, including one child and one young adult. We are finding an increasing number of hospitalized patients who have neither been vaccinated nor received early treatment with antiviral medicines. Vaccination against influenza and early detection of infection with prompt treatment are still important, especially for people at risk of complications. These cases are also a reminder that we expect to see the pandemic form of H1N1 influenza virus to continue to circulate for months to come, so it is important to keep H1N1 in the differential for people presenting with symptoms.

We have not yet detected any seasonal influenza virus in samples submitted for testing this winter, and there have been no reported outbreaks of seasonal influenza in other parts of the country as well.

**H1N1 Vaccine Supply**

There is now plenty of vaccine in Maine, with about 800,000 doses of H1N1 vaccine distributed statewide since October. Maine CDC is now processing orders for H1N1 vaccine the same day the request comes in from a health care provider, with about a four-day turnaround between order and receipt of vaccine.

About 500 health care providers in the state have received H1N1 vaccine. We strongly urge health care providers to offer the H1N1 flu vaccine to every patient at every encounter.

Public clinics can be located by calling 211 or visiting [www.maine flu.gov](http://www.maine flu.gov). There are many clinics that are offering free vaccine, identified by the bold font on the website.

**December 2009 National Survey of H1N1 and Seasonal Flu Vaccine Coverage**

US CDC has released data from a national survey conducted through much of December on H1N1 and seasonal flu vaccine coverage. Maine stood out as having an H1N1 vaccine rate among children that is more than twice the national average – 60% versus 28%. Although we do not know our formal ranking, we know only 4 states had pediatric coverage rates of over 40%.

Maine also had higher rates of H1N1 vaccine in health care personnel working with high-risk patients (46% vs. 27% nationally) and of seasonal flu vaccine coverage among children (52% vs. 34% nationally).

Some of the data are summarized on the next page.

<b>H1N1 Flu Vaccine (as of Dec. 2009)</b>		
<b>Population</b>	<b>Maine</b>	<b>US</b>
All children 6 months-18 years	<b>60%</b>	28%
All ages 6 months and older	<b>19%</b>	14%
Health care workers with high-risk patients	<b>46%</b>	27%

<b>2009/2010 Seasonal Flu Vaccine (as of Dec. 2009)</b>		
<b>Population</b>	<b>Maine</b>	<b>US</b>
Adults	35%	35%
Health care workers	<b>68%</b>	49%
People age 65 and older	56%	62%
All children 6 months-18 years	<b>52%</b>	34%
All ages 6 months and older	<b>39%</b>	34%

Note that the difference between the national and Maine's coverage rates for seasonal flu vaccine in people age 65 and older is not statistically significant. The rate may be lower than usual due to delays in seasonal flu vaccine availability as well as an overall increased demand for seasonal flu vaccine this year relative to the supply. In the 2007-2008 season, Maine's rate of seasonal flu vaccine coverage in adults age 65 and older was 73%, compared to a national rate of 68%.

Additional information on vaccine coverage can be found in this MMWR:

<http://www.cdc.gov/mmwr/preview/mmwrhtml/mm59e0115a1.htm>

### **Treatment Recommendations**

Maine CDC issued a health alert on Jan. 11 to reinforce recommendations for early treatment of patients with increased risk of complications from influenza. Early treatment for influenza may prevent secondary bacterial infections. This alert can be viewed here: <http://www.maine.gov/tools/whatsnew/index.php?topic=DHHS-HAN&id=88550&v=alert>

### **Updates from Federal Partners**

- US CDC has issued the following Q&A on fraud and abuse related to H1N1 vaccine:  
[http://www.cdc.gov/h1n1flu/vaccination/h1n1\\_fraud\\_abuse.htm](http://www.cdc.gov/h1n1flu/vaccination/h1n1_fraud_abuse.htm)

### **Main Messages to the Public**

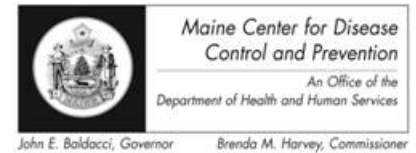
- Many people are still susceptible to this virus and would benefit from vaccination. Being vaccinated not only protects you, but it helps protect the people around you who are more likely to suffer serious complications from the flu.
- To find a vaccine, call your health care provider, or get the list of public vaccine clinics by calling 211 from 8 a.m. to 8 p.m. or visiting [www.maine.gov](http://www.maine.gov/dhhs/boh/maineflu/flu-news.shtml) **(all clinics posted in bold are free)**.
- If you think you have the flu, cannot reach your doctor, and/or your health plan does not have a nurse call line available, you may call 2-1-1 from 8 a.m. to 8 p.m. to be connected with a health professional who can assess your symptoms.

### **How to Stay Updated**

- **Flu News:** View current Maine CDC press releases, weekly updates, and urgent updates from our Health Alert Network (HAN) by visiting: <http://www.maine.gov/dhhs/boh/maineflu/flu-news.shtml>.
- **Follow Maine CDC's Social Media Updates:**
  - **Facebook** (search for "Maine CDC")
  - **Twitter** (<http://twitter.com/MEPublicHealth>)
  - **MySpace** ([www.myspace.com/mainepublichealth](http://www.myspace.com/mainepublichealth))
  - **Maine CDC's Blog** (<http://mainepublichealth.blogspot.com>)
- **For clinical consultation, outbreak management guidance,** and reporting of an outbreak of H1N1 call Maine CDC's toll free 24-hour phone line at: 1-800-821-5821.
- **For general questions:**
  - call **2-1-1** from 8 a.m. to 8 p.m. seven days per week or e-mail [flu.questions@maine.gov](mailto:flu.questions@maine.gov)

# Maine Weekly Influenza Surveillance Report

January 19, 2010



## Cumulative data since April 27, 2009

- 2,229 lab tested cases of H1N1 to date
  - 229 Maine residents have been hospitalized
- 18 deaths reported to date
- 88% of lab confirmed H1N1 cases in Maine residents are under the age of 50 (range 0-89 years, mean of 22 years)

## New\* This Week

- Federal Flu Code: Regional
- 5 new confirmed and probable cases of H1N1 this week
  - 2 new hospitalizations
- No new outbreaks

\* "New" defined as reported during the previous week (Sunday through Saturday)

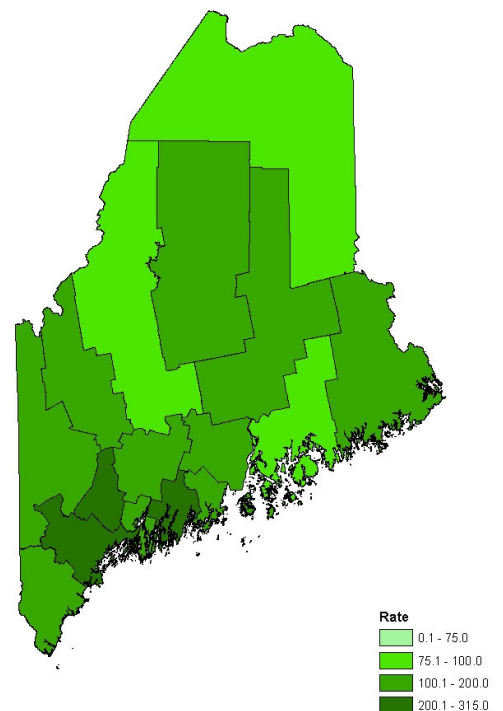
## Characteristics of Lab Confirmed H1N1 Influenza Cases - Maine Residents, 2009 - 10

Age		At Risk					Hospital Care			Deaths		
Age Group	#	New	HCW	New	Pregnant	New	Hospitalized	New	ICU	New	#	New
<5	246	0	0	0	0	0	28	0	4	0	0	0
5 to 18	1017	1	1	0	0	0	30	0	6	0	0	0
19 to 24	220	0	11	0	8	0	15	0	2	0	1	0
25 to 49	479	2	36	0	23	0	61	1	15	1	2	0
50 to 64	206	2	15	0	0	0	64	1	24	0	7	0
≥65	61	0	0	0	0	0	31	0	10	0	8	0
<b>Total</b>	<b>2229</b>	<b>5</b>	<b>63</b>	<b>0</b>	<b>31</b>	<b>0</b>	<b>229</b>	<b>2</b>	<b>61</b>	<b>1</b>	<b>18</b>	<b>0</b>

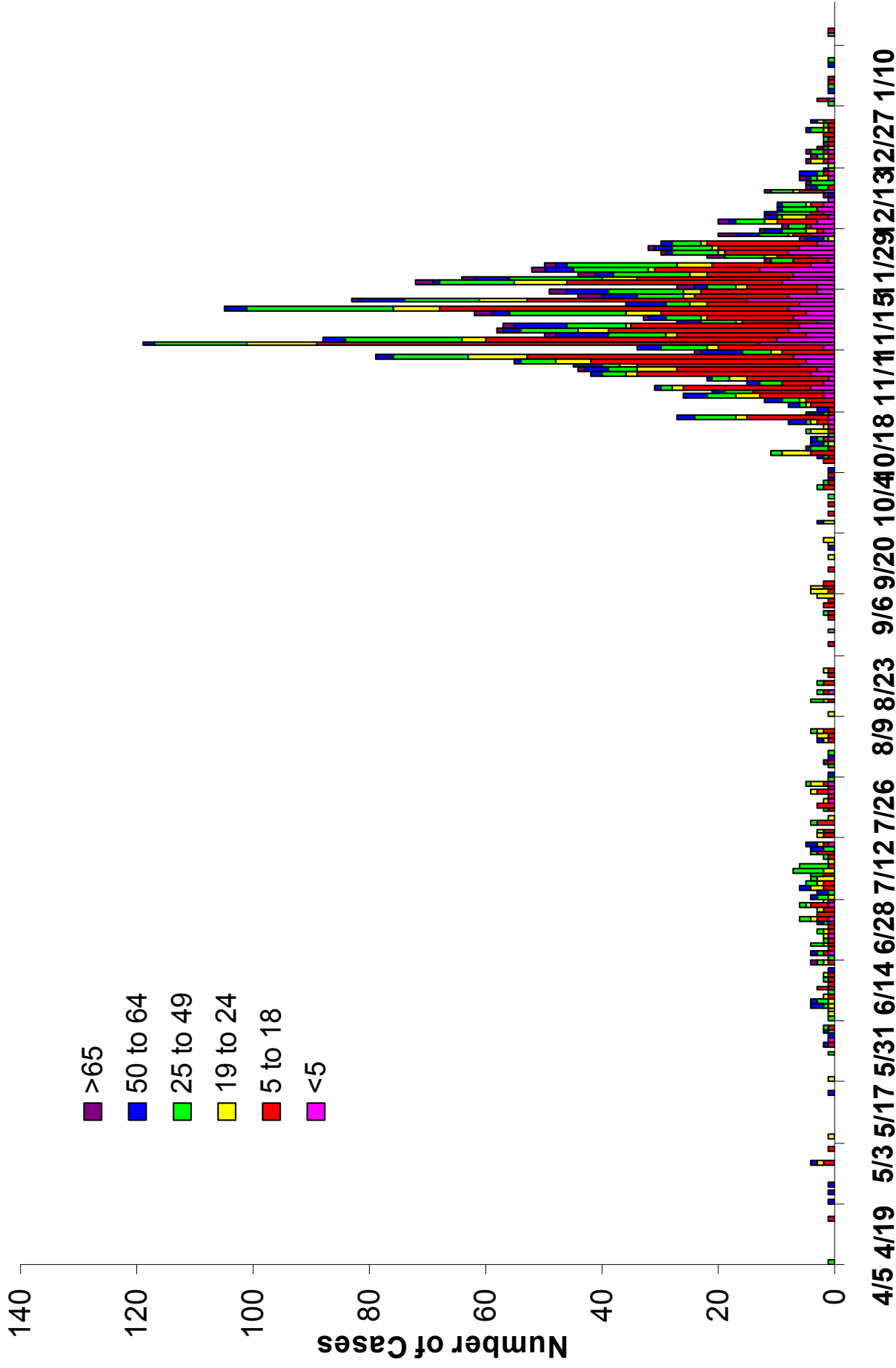
## Lab confirmed H1N1 Influenza Cases by County – Maine Residents, 2009 - 10

County	Maine Residents	New	Hosp	New
Androscoggin	232	0	30	1
Aroostook	61	2	7	0
Cumberland	643	1	37	0
Franklin	30	0	8	0
Hancock	47	0	7	0
Kennebec	156	1	18	0
Knox	43	0	6	0
Lincoln	104	0	1	0
Oxford	66	0	8	0
Penobscot	295	1	49	1
Piscataquis	21	0	8	0
Sagadahoc	40	0	0	0
Somerset	47	0	6	0
Waldo	43	0	2	0
Washington	62	0	8	0
York	339	0	34	0
<b>Total</b>	<b>2229</b>	<b>5</b>	<b>229</b>	<b>2</b>

## Lab Confirmed H1N1 Infections per 100,000 People by County - Maine Residents, 2009 - 10



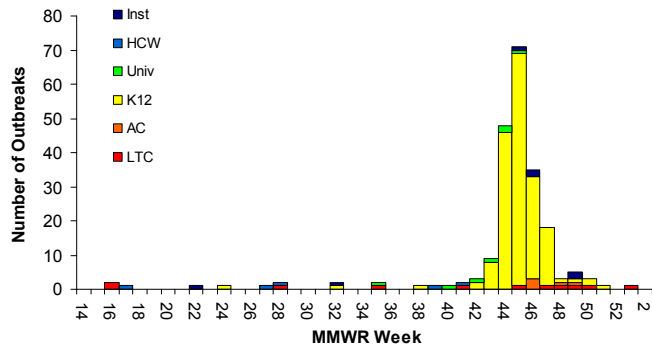
Confirmed Cases of H1N1 Influenza By Onset Date\* and Age Group – Maine Residents, 2009 – 10



\*If onset date is not available, the date reported to the state is used as the onset date

# Influenza-Like Illness Outbreaks – Maine, 2009 - 10

Influenza-Like Illness Outbreaks by Facility Type - Maine, April – present, 2009 - 10



## Outbreak Facility Type Key:

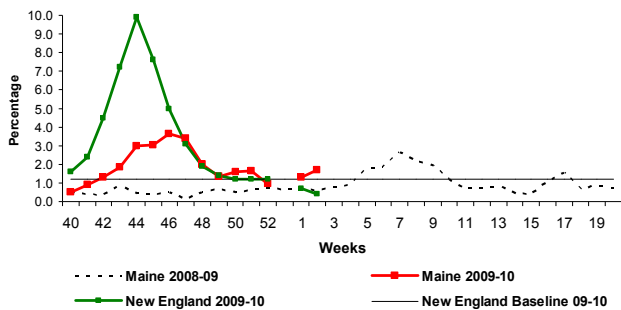
LTC - Long Term Care Facility  
AC - Acute Care Facility (nosocomial)  
K12 - School (K-12) or daycare  
Univ - School (residential) or University  
HCW - Health care workers  
Inst - Other institutions (workplaces, correctional facilities etc)

Influenza-Like Illness Outbreaks by Facility Type and County - Maine, April – Present, 2009 - 10

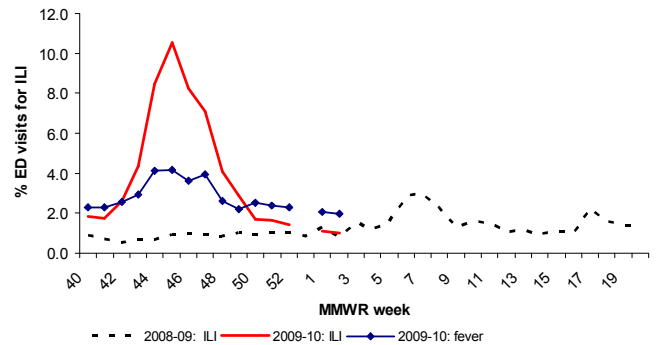
County	LTC	New	AC	New	K12	New	Univ	New	HCW	New	Inst	New
Androscoggin	0	0	2	0	18	0	1	0	0	0	0	0
Aroostook	0	0	1	0	12	0	0	0	0	0	0	0
Cumberland	1	0	2	0	15	0	1	0	1	0	2	0
Franklin	1	0	0	0	0	0	1	0	0	0	0	0
Hancock	0	0	0	0	9	0	0	0	0	0	0	0
Kennebec	1	0	0	0	25	0	0	0	1	0	0	0
Knox	0	0	0	0	4	0	0	0	0	0	0	0
Lincoln	1	0	0	0	6	0	0	0	0	0	1	0
Oxford	2	0	0	0	9	0	1	0	0	0	0	0
Penobscot	0	0	0	0	34	0	0	0	0	0	3	0
Piscataquis	0	0	0	0	5	0	0	0	0	0	0	0
Sagadahoc	0	0	0	0	3	0	0	0	0	0	0	0
Somerset	1	0	0	0	8	0	1	0	1	0	0	0
Waldo	0	0	0	0	9	0	0	0	0	0	1	0
Washington	1	0	0	0	8	0	1	0	0	0	0	0
York	3	0	0	0	14	0	1	0	0	0	1	0
<b>Total</b>	<b>11</b>	<b>0</b>	<b>5</b>	<b>0</b>	<b>179</b>	<b>0</b>	<b>7</b>	<b>0</b>	<b>3</b>	<b>0</b>	<b>8</b>	<b>0</b>

# Surveillance Information

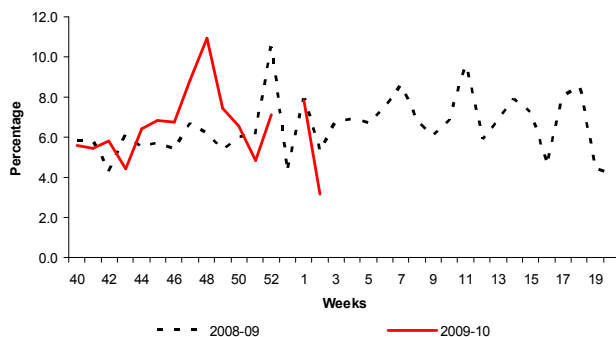
Outpatient Visits for Influenza-like Illness – Maine, 2008-10



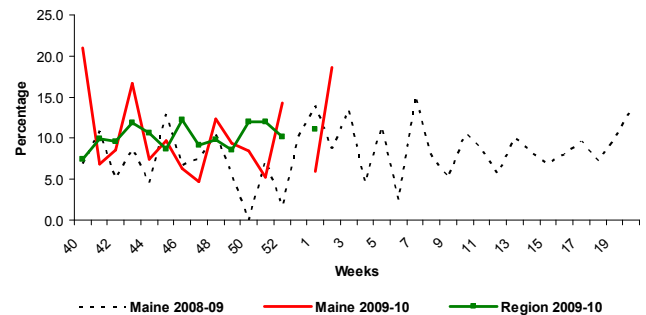
Emergency Department Visits for ILI and Fever at Thirteen Hospitals – Maine, 2008 -10



Hospital Admissions Due to Pneumonia or Influenza – Maine, 2008-10



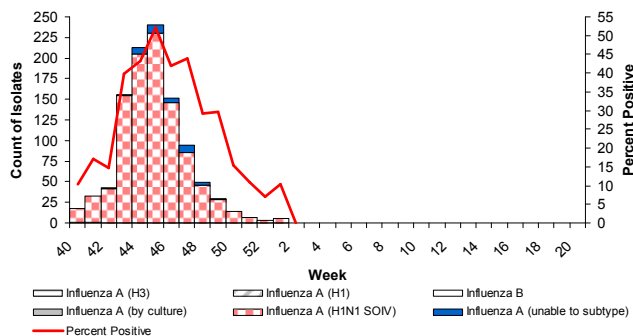
Percentage of Deaths Attributable to Pneumonia or Influenza – Maine, 2008-10



## Lab Data

- 7,753 influenza tests have been performed at HETL since April 27, 2009
  - 18.2% of tests have been positive for H1N1

Respiratory Specimens Positive for Influenza from HETL – Maine, 2009-10



Respiratory Specimens Positive for Influenza from Two Reference Laboratories - Maine, 2009 - 10

